

Guidelines to your *Soul Nourishing Day* (formerly known as *Self-Care Day*)*

* I have changed the name to *Soul Nourishing Day* because 'self-care' has become somewhat of a cliché and can denote quite superficial activities, whereas the practice I am advocating entails deeper activities.

I recommend all my clients to devote one entire day of the week for soul nourishing practices: a Soul Nourishing Day.

This is a guide on how to plan and spend your Soul Nourishing Days successfully. A misguided Soul Nourishing Day can leave you feeling drained and the worse for wear instead of refreshed, restored, reset.

Why It Is Important to Nourish Your Soul

If you're a soul seeker (you look for deeper meanings to life beyond materialistic pursuits), you will appreciate the difference between being connected to something greater than the tangible world and being stuck in the limited, fearful three-dimensional existence. You will also appreciate the challenge of staying connected to your spirit while living in a 3-D world.

I come from the premise that if we are aligned with our soul, everything in our external reality will flow and work. On the contrary, any misalignment will cause problems to arise. In other words, as long as we remain aligned with our soul, everything will work out.

It is not that your soul is elusive. Your soul is always giving you guidance and directions about your life. But we tend to get distracted by and caught up in the practical world - our struggles and all the dramas in it. So much so that we're disconnected from the nudges of our soul.

People have this misguided belief that the physical world is more important - demanding more urgency - than tending to our spiritual life. There is a shared belief that it's a luxury to engage in spiritual activities. But being spiritual yields the most practical solutions. There should not be a disconnect between our spiritual life and the more tangible aspects of our life.

My clients often report how wonderful it feels to be engaging in a spiritual practice after a period of not tending to their soul. It's as if they have come home, everything seems more aligned, they feel more themselves again. In short, they feel powerful instead of powerless.

I believe it is imperative that we tend to our souls on a regular basis and never become disconnected from it. This way, your life will unfold in the most beautiful way, as your soul knows what brings you the highest joys and deepest fulfillment.

Why Soul Nourishing Days?

A Soul Nourishing Day is a day you have chosen to devote to nourishing your soul. Every week, for a whole day, you will act from what your soul is wanting for you – tapping into your inner guidance and actioning from there. The action you're guided to do may be doing nothing. Further on in this article you will find more examples of soul nourishing activities.

The first question I get asked by most people is, "Can I just do half a day?" or "Can I split it into two half days?" My answer is no. When you wake up on your Soul Nourishing Day knowing that you have the entire day devoted to only doing the things that are making you feel good, therapeutic and restorative, taking a break from taking care of other people's needs - a guilt-free, me-only day - it is altogether a different experience.

Look, I get it. You probably have a busy life and juggle many roles. I and many of my clients are that too. But you know what? Those who insisted it was not realistic for them to spend a whole day nurturing themselves and later (sometimes much later) made a commitment to weekly Soul Nourishing Days have reported that the benefits are so worth it. The energy you will gain will enable you to go the mile more sustainably when you do resume your week.

Thus, your Soul Nourishing Day should be **non-negotiable**. It is an act of honouring yourself as a sacred being. You actually cannot afford not to do this. Your health, wellbeing, etc. depend on it!

Allow yourself to fully experience this truly enjoyable, deeply-replenishing practice.

Planning Your Soul Nourishing Day - Some Crucial Elements

#1 Create a sanctuary.

A sanctuary is a safe and private space within which you can relax and be free to be yourself. Most likely, your home will be your designated sanctuary for your Soul Nourishing Day. If you live in a busy household, choose a room where you can be immersed in your own world. Go elsewhere if you really lack private space. But make sure it's a quiet place and not one where you will be overloaded by social interactions. A nature park, a recreation club, a spa, a museum or a cosy café will work.

#2 Do what feels good for YOU.

What do you do during your Soul Nourishing Day? You do what makes you feel good, and that is subjective. For some, getting a massage is the most relaxing experience but for others it can be stressful. I used to feel more stressed than ever after getting a massage because my mind was so busy and I couldn't wait for it to be over. I love to cook, so I always have something slow cooking in my kitchen on my Soul Nourishing Day. For some people, however, cooking is far from relaxing.

Another thing to move away from is doing what you think you "should do" rather than what genuinely is nurturing for you. For instance, you may think that spending a good chunk of your day meditating is what you need to do; after all, isn't that a good spiritual practice? It depends. On some days, it may be so, and on other days not so much. Sink deeper into yourself to find the guidance - past your ego and personality self - and hear the whispers of your soul.

#3 Beware of excessive behaviours.

I say do what feels good, but it doesn't mean being indulgent to the point of crossing the line into excessive behaviours. One could trick themselves by saying, "I'll drink two bottles of wine today since it's my guilt-free day." Know the difference between being hedonistic and self-nurturing. Another example is watching a carefully-selected movie, versus binge-watching an entire series which will leave you with a sickened, over-indulged feeling.

Be brutally honest with yourself: Is this self-loving or self-abusive? With a bit of self-honesty, the answer is clear.

#4 Spend the day mostly in your own company.

Soul Nourishing Days are meant to be spent mostly by yourself. It may be that you genuinely love spending time with your loved ones. Even so, only spend time with others sparingly on your Soul Nourishing Day. It's easy to convince ourselves that it is the most nurturing thing for us when it is our guilt that's driving it - guilt for taking time away from our loved ones.

It is crucial that you spend most of the time in your own company because it's the only true way of connecting with yourself. To know yourself as a sovereign individual - without the reference of your roles as parent, sibling, boss, employee, etc. As soon as you are around other people, your perceived expectations from others will kick in and you will start focusing on others rather than yourself.

#5 Get your supplies.

Line up that favourite movie you've been wanting to watch or that juicy spiritual podcast. Shop for your favourite foods. Book that spa treatment. Arrange for lunch with your best friend at that restaurant you've been keen on going. Get your essential oils.

Not that your Soul Nourishing Day must come with plenty of supplies or paraphernalia. Plan according to what is nourishing for your soul on that day. Your activities can vary from week to week.

#6 Protect your Soul Nourishing Day.

Inform your loved ones about your Soul Nourishing Day. Ensure that they understand you do not want to be disturbed or contacted unless it is an emergency.

Couples can make a pact to cover for each other during their respective Soul Nourishing Days. Offer to take over your partner's responsibilities on their Soul Nourishing Day, and have the favour returned on your day.

#7 Plan but do not overplan.

By all means, plan for your Soul Nourishing Day. But allow for fluidity and flexibility. After all, what's nourishing to your soul changes according to what goes on in your life in any given moment.

Also, if you don't have time to plan, don't let it be a reason to skip your Soul Nourishing Day. It's good to set a few things up but it's not necessary.

#8 Unplug from news and social media.

Give your mind a restful break from being overloaded by info, news, gossips, social media, etc. Come back to your inner self. Create the spaciousness inside so that you can hear your soul's guidance. We're constantly bombarded by stimuli, our focus pulled externally, so much so that we're normally disconnected from ourselves. Your Soul Nourishing Day is a chance to detox your mind and restore your self-connection.

#9 Self-talk.

If you have privacy, I encourage speaking aloud to yourself to guide your internal self during processes, clarify your thoughts and increase awareness of your issues/feelings.

#10 Nourish your body and soul.

What do you eat during your Soul Nourishing Day? Just like choosing activities, eat what makes you feel good. If keeping your meals to a healthy diet makes you feel good, then it is right for you. It may be that treating yourself to comfort/indulgent food is more nourishing to your soul. Again, make sure you aren't tricking yourself into bingeing. Self-honesty is key. I find that for me the most soul-nourishing is to have a balance of wholesome foods and decadent dishes (of course, it varies from week to week).

Do Nothing

There are plenty of activities with which you can fill your Soul Nourishing Day. But there's one activity that I recommend above everything else: do nothing. It's an activity that will benefit anyone - guaranteed to be soul-nourishing regardless of your circumstances. No matter what else you do on your Soul Nourishing Day, you must include chunks of doing nothing.

But the do-nothing practice that I propound requires some explanations.

It is not just about being physically inactive. It entails physically not doing anything *and* blanking your mind. If you are not doing anything but your mind is busy chattering away, you will become restless and anxious. Most people think they're resting when not engaged in an activity when really their minds are filled with guilt-ridden, self-judgemental thoughts. That's why they balk when I ask them to do nothing; to them, it's synonymous with beating themselves up as being lazy and the after-effects of feeling drained.

Done properly, doing nothing is restorative and gives you energy. The practice is simple. Wherever you are, stop everything you're doing and spend the next 10 minutes doing nothing. Just breathe. Allow your mind to clear out. Do not meditate, recite a mantra, or try to solve a problem. Doing nothing means zero activity. Notice your urge to fill up the space with *something*, and refrain from doing so.

Stop running away from yourself. Do not try to escape from this moment. Choose to be completely present to the here and now.

Your mind is not drifting off into unawareness. On the contrary, you are fully awake. Take notice of the sounds in the background, the colours around you. Observe how sights, sounds and sensations are heightened. You are more alive.

You may feel energies coming back to you. Feel them moving to various spots within your body, refreshing you.

What you do physically is less important than your inner activities.

Activities for Spiritual/Personal Growth

I have found that for a Soul Nourishing Day to be successful, it needs to include some amount of working on yourself. Spend some time doing processes to deal with your issues, and heal and transform certain aspects of you. Your Soul Nourishing Day is conducive to such work since you are undisturbed and looking inward.

To be clear, here I am not referring to listening to a guided meditation (which can be part of your soul-nourishing activities), but something else. Guided meditations are usually good for shifting your state and elevating your vibrations, but don't always guide you into deep processes. Some do, and you might like to select that as your processing activity.

Some activities that fall under this category:

- Working through the blocks that prevent you from connecting with Spirit.
- Retrieving your power from people and situations.
- Healing shame and past traumas.
- Making a decision towards a certain path that elevates you.

- Cleaning up your energies.
- Forgiveness.
- Exercising trust.
- Building psychic muscles.

If you are looking for more exercises to do, check out my books - they are terrific resources:

- [Flowing Through The Void](#) contains plenty of psychospiritual processes that are empowering and transformative.
- [Embrace The Unlovable](#) guides you to heal your shame using The Compassionate Self-Love Method. Plenty of exercises you can do that result in deep healing.
- [Magical Possibilities: The Art Of Dissolving Unwanted Reality](#) is a reality creation system but is so much more than that. Once you have learnt it, there are lots of ways you can apply the system, to shift every aspect of your life. Chapter 15 alone provides many juicy, empowering practices.

Daily Soul-Nourishing Practice

Besides a weekly Soul Nourishing Day, I also encourage my clients to do a daily practice. Ideally, start the day with a practice. No matter how busy your life is, you ought to make it a priority. This is the key to staying connected to spirit and being plugged in to your spiritual powers that will benefit all other areas of your life.

Your daily practice can range from 15 minutes to an hour (or longer if you wish). It is better to put in a few minutes than to not do it at all.

Refer to the above guide for Soul Nourishing Days for where, what and how. It can be structured or fluid, or a combination. Structured means allocating chunks of time for specific practices - e.g. 10 mins meditation, 5 mins breathwork, 15 mins dissolving unwanted reality, 5 mins do nothing. A fluid practice

begins with tuning in to see what is happening inside, and then being intuitively guided to the process(es) to shift, heal and transform those aspects.

Physical workout, yoga practice and group classes do not count. A daily soul-nourishing practice is a separate activity and to be done on its own.

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